

WIC Foods for Breastfeeding Mom and Baby

The new WIC foods help you and your breastfeeding baby meet today's nutrition needs. You can continue to enjoy milk, cereal, eggs, fish, juice, peanut butter and beans plus fruits, vegetables, cheese, and whole grains. At six months of age your baby can receive baby food meats, fruits, vegetables, and cereal.

New
&
Improved!



Your New WIC Foods

- ♥ Support your breast milk supply
- ♥ Improve the variety of foods available
- ♥ Promote steady weight loss and help you maintain a healthy weight after delivery
- ♥ Are consistent with Dietary Guidelines, MyPyramid, and infant feeding recommendations!

What You Will Receive:

GRAINS	FRUITS and VEGETABLES	DAIRY	PROTEIN
<p><u>FOR MOM:</u> 1 pound whole wheat bread Or other whole grain options 36 ounces iron-fortified cereal</p> <p><u>FOR BABY:</u> 24 ounces iron-fortified infant cereal</p>	<p><u>FOR MOM:</u> \$10 cash value voucher for fruits and veggies 144 fluid ounces of vitamin C-rich juice</p> <p><u>FOR BABY:</u> 256 ounces baby food fruits & veggies</p>	<p><u>FOR MOM:</u> 24 quarts of reduced fat, low fat, or skim milk Or allowed substitutions</p> <p><u>FOR BABY:</u> Your breast milk!</p>	<p><u>FOR MOM:</u> 1 pound dried beans or peas 18 ounces of peanut butter 30 ounces canned fish 1 dozen eggs</p> <p><u>FOR BABY:</u> 77.5 ounces baby food meat</p>

Breastfeeding...
more than *just* good nutrition.

